

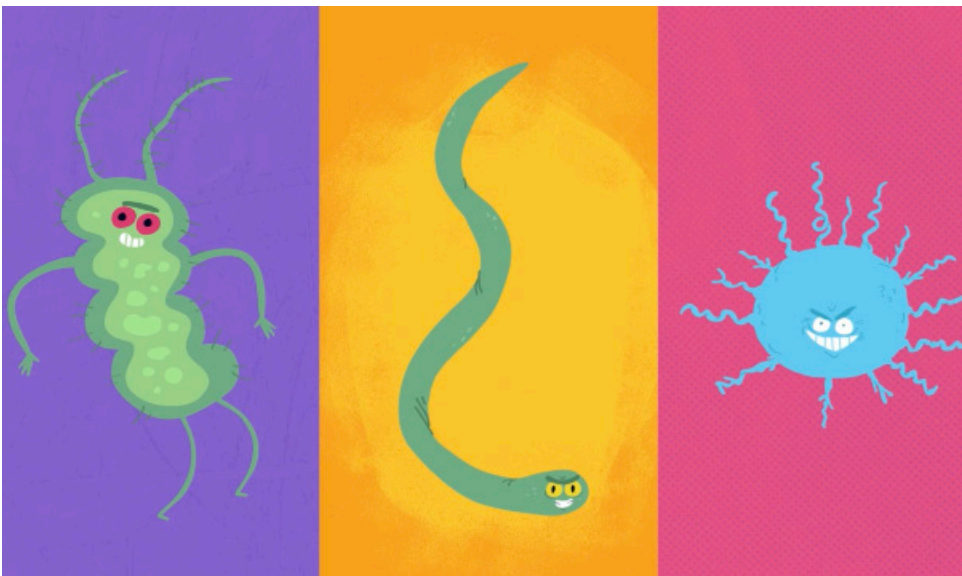
Nausea & Diarrhoea

Risk factors and prevention



We all know the signs and symptoms of nausea and diarrhoea - first you might lose your appetite, or feel like you're about to be sick. You may feel dizzy and lightheaded, or have stomach cramps; you may even break out into a cold sweat. This may be a sign that something sinister has entered your body – Bacteria! Viruses! Even Parasites!

Unhealthy organisms lurking in food and water



There might be unhealthy organisms lurking in your food and water, traveling into your body and making you sick. So what can you do about it?

Prevention - foodborne illness



Always wash your hands with soap and clean water before eating or preparing food; wash fruits and vegetables with clean water before eating and cooking; keep meat and dairy products refrigerated until you're ready to consume them or cook with them. Be aware of food expiration dates, check food visually and by smell to detect any suspicious odors. Always keep raw food separate from other food to prevent cross-contamination; to kill bacteria, food must be cooked thoroughly; don't forget to regularly disinfect work surfaces and equipment with clean cloths and cleansers.

Prevention - waterborne illness



Water-borne diseases can also be transmitted through drinking water. Tap water is not drinkable in many countries, so if you're unsure of water quality, take appropriate precautions: use bottled water to brush your teeth; stay away from ice cubes; always carry enough clean water with you while traveling.

Be aware of food and water quality, and stay vigilant to stay healthy.